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BULLETIN
OF THE
National Tuberculosis Association

Vol. IV JUNE, 1918 No. 9

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Exchange Service and Constructive Publicity

It has always been the purpose of the National Tuberculosis Association that all publicity for which it has been responsible should in its character be thoroughly *national*. This has been interpreted to mean that such publicity should include not only the objectives and results of the National Association, however broad these may be, but also whatever there is in the programs and accomplishments of state and local associations, and indeed in anything emanating from institutions or individuals anywhere, which possesses nation-wide significance and value. With the engagement May 1 of a Publicity Secretary, the National Association hopes to extend its activity and possible usefulness in this direction.

To aid in accomplishing this, it has been decided to revive and expand a plan formerly in operation, but recently more or less sidetracked by other matters, by which the National Association will henceforth conduct what will be virtually a bureau for the collection of information and material from state and local associations and other sources, the distribution among this constitutency of such of this matter as appears to have sufficient value, and the incorporation into general publicity of such ideas and concrete achievements as warrant nation-wide attention by reason of their intrinsic worth.

This exchange bureau will collect both regular and special publications of tuberculosis agencies throughout the country and will go over them from the points of view both of their content and of their suggestiveness as forms of publicity. In some cases request may then be made from the source agency for enough copies of a particular publication to distribute among the other members of the exchange group. Or either excerpts or comment may be multigraphed for distribution.

Many local matters of interest will not be described, however, or at any rate adequately described, in such publications. Social workers frequently realize, indeed, that some of the best things fail to get into print. Concerning these the exchange bureau will have to obtain the facts by letter from those who are locally responsible. While results actually accomplished will be given first place in the distribution, plans in view, new experiments in process, and even attempts which have failed will also receive attention, for these too have their due exchange value. First and last, moreover, a special interest will be taken in methods of publicity, including not only printed matter, but lectures, lantern slides, motion pictures, exhibits and every possible device for putting good ideas "across."

As far as appropriate and practicable, the monthly BULLETIN of the National Association, which now has a circulation of some 8,000 copies, will be used as the medium for the proposed interchange; though some items may be circulated without mention in its columns and others may go farther into special stories or news bulletins. In this connection, it is well to bear in mind what the BULLETIN's function is. It is *not* intended to report scientific medical research affecting tuberculosis; that is the field primarily of THE AMERICAN REVIEW OF TUBERCULOSIS, and from a lay point of view of the JOURNAL OF THE OUTDOOR LIFE. It is *not* meant to carry ordinary news, including personal items; for this too the JOURNAL does. It *is* designed to be the house organ of the National Association and of the national constituency of tuberculosis workers, and as such to deal principally with methods and results in the general promotion of the anti-tuberculosis campaign. There is no sufficient reason, however, why the presentment of methods and results, in addition to permanent evidence value cannot have a large measure of current news value as well.

It is doubtless self-evident that the successful carrying out of the plan above described, and the readability and value of the BULLETIN as related thereto, will depend no more upon effort expended by the National Association than upon response and cooperation on the part of state and local secretaries and other workers. Before any local information can be distributed, it must be had; and to be had it must be sent in by the agency or individual responsible in the locality. The National Association is desirous of doing its part.

Tuberculosis germs become active when the body is weak and vitality is low

("Health of Soldier," see page 2)

BULLETIN
OF THE
National Tuberculosis Association
Published Monthly
In the Interest of Workers Engaged in the Anti-Tuberculosis Movement by the
National Tuberculosis Association
381 FOURTH AVENUE NEW YORK CITY

Vol. IV June, 1918 No. 9

Entered as Second Class mail matter, October 21, 1914, at the Postoffice at New York, N. Y., under the Act of August 24, 1912

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Now *you*, wherever you may be in whatever section of the country, *do your part*. First write Mr. Daniels, as Publicity Secretary, expressing your wish to take an active share in the exchange. Then put him on your mailing list to receive your material, including duplicates of whatever you may at present be sending to the general office of the Association. But do not stop there. Keep Mr. Daniels more closely informed by frequent letters about what you are doing. If all of you do this, then with a good deal coming in there will also be a good deal going out, and you will find the BULLETIN constantly more serviceable in your work.

Payment for Small Orders

Those who purchase supplies from the National Association are requested to observe a new rule under which in future orders totaling less than one dollar cannot be filled unless payment is made in advance.

As the Association sells material at or as near cost price as possible, and as the expense of bookkeeping and collecting involved in many small accounts is considerable, it has become necessary to put this rule into effect.

Soldiers and Sailors

Present Federal Provisions

A pressing problem of the war is the vocational rehabilitation of disabled soldiers and sailors. Legislation is pending and there are the usual inevitable differences of opinion as to departmental control, in which the War Department, the Bureau of War Risk Insurance and the Federal Board of Vocational Education are involved. A Committee on Federal Legislation of the National Tuberculosis Association is giving continuous and intensive study to the whole situation, but with particular attention to the needs of the tuberculous. It is the policy of the Surgeon General that no disabled soldier shall be discharged from the army until he shall have been cured, or as nearly cured, as his disability will permit. By "cured" is meant functional restoration.

It is of special importance that men suffering from tuberculosis shall have prompt and continuous care, which, in the vast majority of cases, would not be possible if they were permitted to leave the service entirely at their own discretion. The will to get well is not very strong in the average man. Military supervision will be of vast benefit in bringing about an arrest of the disease, as was pointed out more fully in the BULLETIN for March. The Surgeon General's office appreciates that difficulties will be met in holding tuberculous soldiers indefinitely. It is possible that a time limit of three months will be placed upon compulsory treatment in the army sanatorium, and that thereafter the soldier may be discharged upon his own request.

It is considered desirable to have a tuberculosis sanatorium connected with the special hospitals or reconstruction units of which there is to be one in each of the sixteen military divisions of the country. The government sanatoria for tuberculosis, to be located at Denver, Colo.; Azalea, N. C.; and Otisville, N. Y., are now under construction. There are more than 700 patients at Fort Bayard, N. M.; the receiving hospital at New Haven, Conn., is in full operation, and Whipple Barracks, Ariz., is being rapidly put in shape by Major Holmberg as a receiving station.

It is imperative that all tuberculosis workers be informed of the plans and progress of the government in this direction. More detailed information will be printed in a subsequent bulletin.

"Health of the Soldier"

New Poster Exhibit

An exhibit of 15 posters on the "Health of the Soldier" has been prepared and made available by the National Tuberculosis Association for general distribution at a price of $4.00 for the set.

The exhibit was originally prepared for use in the military camps as a part of the educational campaign of the National Association. The demand from those who saw it was so great, however, that it has been decided to reproduce the original exhibit in poster form for use among the civilian population.

The exhibit is divided into three sections of five panels each. The first group of panels deals with contact infection and shows how coughs, colds, measles, pneumonia, tuberculosis, and other diseases are spread by carelessness in spitting, coughing and in contact of various kinds. The second section deals with the prevention of such diseases and shows how ordinary common sense and knowledge in covering the mouth in coughing, spitting or sneezing, combined with the use of individual utensils and periodic medical examinations, will safeguard against the spread of disease. The third section deals with fitness for fighting, shows in striking contrast that the best fighter is the fit fighter, and appeals to everyone to be fit as a patriotic duty.

The posters (*see sample reproduction, page* 1) are reproduced on heavy lithographic paper, size 22 by 28 inches, printed in two colors. The original drawings for the exhibit were made by James Daugherty, an artist of national reputation.

As the supply at the price mentioned is limited, orders should be sent in at once. An attractive descriptive booklet, useful also for educational purposes, will be sent on receipt of two cents to cover postage.

New Buildings Restricted

Federal Ruling Sets War Limits

Under the requirements of the United States Government all issues of bonds, stocks or other capital required for the erection of new institutions or additions to existing ones must be approved by the Capital Issues Committee of the Federal Reserve Board with headquarters at Washington, D. C. The National Association has been in conference with the Federal Reserve Board in this connection and finds that while its members express the greatest interest in the public health campaign and fully appreciate the need for more tuberculosis hospitals at this time, they are unwilling to approve of the issuance of any bonds or other securities for the establishment of new buildings until after the war, except buildings of the most temporary nature and the most inexpensive construction, holding that capital at present available in the United States is needed for more immediate war purposes. The Capital Issues Committee apparently will approve, however, of the building of temporary wooden or other structures for hospital use.

The Association expects to prepare at once a pamphlet giving designs of institutions built along the most temporary lines that will meet federal requirements. In order to help us in the preparation of this pamphlet, all who are interested are urged to send the Association such information and material regarding suitable inexpensive structures as would be of value for this purpose.

Kansas City Conference

Illinois Plan Discussed

Readers of the BULLETIN will be interested in some points brought out at the Kansas City luncheon on May 20, at which the subject of the care of the tuberculous soldier was discussed. The luncheon was held in connection with the National Conference of Social Work, and over 70 delegates attended.

Mr. Frederick D. Hopkins, field secretary of the National Association, opened the discussion. He stated that the Association had already received over ten thousand names of discharged tuberculosis soldiers from the Surgeon General's office.

Dr. George Thomas Palmer, of the Illinois Department of Public Health, introduced Dr. J. L. Gillin, Director of Civilian Relief, Central Division, American Red Cross, who explained in detail the agreement recently signed by the Illinois Department of Public Health, the Illinois Tuberculosis Association and the American Red Cross. He emphasized the opportunity presented for the Home Service Committees. It was thought wise, he said, to have these Committees make the first contact with the tuberculous soldier, obtaining and supplying social information as distinct from medical information, after which the tuberculosis association could arrange for a diagnosis of the case and for proper treatment, reporting the facts to the Red Cross. Dr. Gillin also brought out the educational value of this work in the different communities, and the fact that it was not charity but distinctly a form of service which the Red Cross was under obligation to render the returned soldier.

Dr. Palmer outlined the preliminary Illinois campaign, including the formation of local committees in each county and the results obtained in persuading counties which have never before given any money for tuberculosis work, to appropriate funds now. A three days' institute for health officers was held in Springfield, in order that more of these officers could serve as examiners of soldiers in the counties. Dr. Palmer concluded by praising the Central Division of the Red Cross for its efficient work, especially in educating its Home Service Committees to a fuller understanding of the present problem.

A lively discussion followed, in which a dozen or more of those present took part and which apparently would have continued through the afternoon had it not been necessary to adjourn on account of other meetings. Mr. George J. Nelbach of New York advised having a nurse of the tuberculosis agency made a member of the Home Service Committee, thereby enabling the nurse to make the contact as a representative of the Red Cross. This plan has been approved by the American Red Cross.

Modern Health Crusaders' Department

As subject for a July meeting, we recommend posture and care of the feet. Crusader workers should apply to the American Posture League, 1 Madison Avenue, New York, or to us for free literature and for quotation of prices on the League's admirable posture chart.

The May and June issues of *How to Live*, the monthly journal of the Life Extension Institute, contain excellent material on this subject. League masters may readily interest children with the pictures, such as those of the soles of Filipinos who have never worn shoes and that of a soldier standing in correct posture. The information about correct footgear is important for parents and children. This magazine is regularly sent to persons who subscribe to the service of the Life Extension Institute. Through the courtesy of Dr. Eugene L. Fisk, medical director, we are able to make a special offer of free sample copies of the May and June issues and also of literature descriptive of the service of the Institute to all league masters (within reasonable numbers) who apply for them. Address the Life Extension Institute, 25 West 45th St., New York.

The subject for the June meeting was covered in the May BULLETIN. Every league master may secure a free copy of that issue and also a year's subscription to the BULLETIN free on application.

Notes and Pointers

The Community Health and Tuberculosis Demonstration, located at Framingham, Mass., has been conducting the Crusade along intensive lines under the direction of Miss Mary Ann Abel, educational assistant.

2,000 Chore Score Cards After six weeks' practice on the part of 2000 school children in keeping the daily health chores, a study was made of the reactions of the children to the chores. The score cards were kept by children in the six grammar grades beginning with the fourth. The children, ranging from nine to thirteen years of age, were from a rural school and seven public schools in Framingham. The highest number of points scored by a single school was made by the rural school. At the end of six weeks the children were polled to determine which of the eight chores was the most difficult to remember and which was the easiest. 440 children, a plurality, voted that the easiest chore to remember was the washing of hands before each meal, and 466 children voted that the most difficult chore was to drink a glass of water before each meal and before going to bed. The next most difficult chore was brushing the teeth in the morning and in the evening.

Composition Contest The children in the fourth grade of the Framingham schools, of an average age of nine, wrote compositions on the Crusade in competition for a prize. The winning composition by Ruth Knapp is as follows:

"Long ago the Turks had possession of the Holy Land. When the Christians came to worship God the Turks fought and killed a lot of them. A band of men from all over the world gathered. This band was called Crusaders. They went to the Holy Land to try to drive out the Turks.

"We are trying to be Modern Health Crusaders. The germs are the Turks. To drive out the germs we must do what the Modern Health Crusader card tells us to do. We do these things: wash our hands and drink a glass of water before each meal, play out of doors half an hour, brush our teeth in the morning and evening, take ten or more deep breaths of fresh air, spend ten or more hours in bed with the window open, sit and stand straight. I am trying to be a good Modern Health Crusader."

Nuggets of wisdom have been picked from some of the other compositions.

"When I get to be a man I will get a good job because clean men always get the best jobs." "A little girl said to her sick mother: 'Mother, if you will do what I do in the Crusader list you will never be sick again.'" "I would like to grow up like George Washington. He was great because he took his bath when he ought to. He stood up straight and that is why he became such a good soldier."

Miss Abel reports that the work increases in interest and that teachers and mothers are blessing the Modern Health Crusade hourly.

Indian Crusaders Miss Carol F. Walton, executive secretary of the Arizona Anti-Tuberculosis Association, has begun Crusader work among the Indians. It is felt that the M. H. C. methods and insignia will appeal to adults as well as children in this group.

News from Virginia Miss Lena G. Townshend, school nurse of Fairfax County, Virginia, tells of effective methods of interesting Crusaders:

"During the last ten days the pupils in eleven schoolrooms have been organized as Crusaders, and they are very enthusiastic. My eighty-seven schools are all rural, and I shall when possible hold meetings on porches of schools or in groves. My plan has been to meet them a week after organizing, and in a short talk on "Living Out-of-doors" I hold their interest by demonstrating the method of making a Klondike bed. I use a suitcase, some newspapers, small blankets, sheets and pillows. My aim is to get some open-air schools or open-window schools in Fairfax County."

100 Per Cent. Enlistment The M. H. C. league of which Miss Jessie Hill of Tolley, N. D., is master consists of all the pupils enrolled in her school, thirty-two. "I can see a marked improvement in the health and appearance of my pupils since we started this work."

This Year's Design

Red Cross Christmas Seal

The design of the Red Cross Christmas Seal is shown by a rough cut on this page of the BULLETIN. The seal itself, which will be printed in red, green and brown-black on white coated paper, will be substantially of the same size as the 1917 seal, a little less than a square inch in area. The artist for the 1918 design is Charles A. Winter, of New York, the well-known painter and illustrator for magazines. Some years ago, the American Red Cross conducted competitions for Red Cross seal designs; but, as a matter of professional etiquette, the best artists did not compete. During the last three years, the American Red Cross has engaged qualified artists to furnish designs; and it is practically the unanimous opinion of Red Cross seal sales managers, as expressed to the national organizations, that a great improvement has resulted. It is confidently expected that the 1918 design will be acclaimed as far superior to any of its predecessors.

It requires no close study to grasp the design's significance. Liberty, personified as a goddess, is under arms; but in her right hand she still holds aloft a blazing torch. The torch stands alike for the spirit of liberty and, in classic interpretation, for the healing of disease. Thus the close relation between the battles against the country's armed foes and against tuberculosis is symbolized. The red cross carries its patent message of mercy. The holly leaves represent the spirit of Christmas.

Up to the time of the world war, Red Cross seal agents generally seemed to favor a Santa Claus stamp, although exception was taken by agents in territory with a considerable proportion of population originating from countries or representing sects which objected to Kris Kringle as a heathen deity or as standing for a deception. The 1917 seal was a step in the evolution from the merely Christmas spirit to the spirit of humanity and democracy. The Christmas tree crowded out Santa Claus. In the 1918 seal, as a further step in the evolution, the Christmas idea yields primacy to the spirit of patriotism.

Standing of States

1917 Seal Sale

		No. Seals Sold	Per Capita Sale
Class A—Populations up to 1,250,000			
1.	Wyoming	1,022,012	7.247
2.	Arizona	1,087,510	4.122
3.	Montana	1,812,358	3.832
4.	Rhode Island	2,213,157	3.570
5.	South Dakota	2,028,432	3.485
6.	Nevada	350,290	3.163
7.	New Hampshire	930,200	2.417
8.	New Mexico	940,763	2.220
9.	Colorado	2,016,330	2.040
10.	Utah	896,704	2.020
11.	Vermont	715,919	1.961
12.	Idaho	686,232	1.541
13.	Maine	1,081,217	1.390
14.	Hawaii	273,810	1.246
15.	North Dakota	411,656	.619
16.	Florida	483,218*	.489
17.	Delaware	100,727	.468
Class B—Populations from 1,250,000 to 2,400,000			
1.	Minnesota	8,400,000	3.632
2.	Connecticut	4,038,634	3.445
3.	Iowa	4,220,836	1.763
4.	Washington	2,693,231	1.686
5.	Oklahoma	3,511,939	1.533
6.	Maryland	1,871,851	1.362
7.	Kansas	2,021,687	1.237
8.	Kentucky	2,688,767	1.123
9.	West Virginia	1,558,765	1.103
10.	Virginia	2,259,804	1.011
11.	Nebraska	1,218,167	.948
12.	Tennessee	2,046,900	.888
13.	Arkansas	1,404,256*	.794
14.	Alabama	1,732,207*	.733
15.	Louisiana	1,054,068*	.621
Class C—Populations over 2,400,000			
1.	Wisconsin	8,201,958	3.244
2.	New York	29,328,533	2.956
3.	Illinois	16,291,980	2.612
4.	New Jersey	7,390,476	2.489
5.	Indiana	6,379,942*	2.250
6.	California	6,053,262*	1.998
7.	Michigan	5,372,571	1.736
8.	Ohio	7,534,236*	1.445
9.	Pennsylvania	12,146,686*	1.402
10.	Texas	4,613,362	1.021
11.	Massachusetts	3,588,452	.934
12.	North Carolina	1,754,102	.720
13.	Georgia	1,695,641	.544

*Based on preliminary report.

1917 Sale 180 Millions

Indianapolis Second—Class 8

The further receipt of final reports from state agents indicates a total sale of 180 million seals in 1917, 5 million more than reported in the May BULLETIN. The increase is 70 per cent. over 1916.

The mark for the 1918 sale set by the national organizations is a minimum of 300 million. Plans have been formed for the closest cooperation between the American Red Cross and the National Association throughout the year. The increased publicity and assistance rendered by the Red Cross chapters coupled with universally growing public generosity and the realization of the vital relation between the health campaign and ultimate victory in the war are factors on which the prediction of a greatly enlarged sale is based. A sale of a half billion seals this fall would seem to be within possibility.

Through a clerical error in reporting the Inter-City Red Cross seal competition in the May BULLETIN Louisville was listed as holder of second place in Class 8. Indianapolis, with a per capita sale of 5.69, holds second place, while Louisville comes third with 5.66.

New Officers

At the annual meeting at Boston, June 6-8, the following officers of the National Tuberculosis Association for the ensuing year were elected:

President
Dr. David R. Lyman, Wallingford, Conn.
Honorary Vice-Presidents
Hon. Theodore Roosevelt Sir William Osler
Col. George E. Bushnell
Secretary
Dr. Henry Barton Jacobs, Baltimore, Md.
Treasurer
William H. Baldwin, Washington, D. C.
Executive Committee
Dr. Edward R. Baldwin, Saranac Lake, N. Y.
William H. Baldwin, Washington, D. C.
Dr. H. E. Dearholt, Milwaukee, Wis.
Fred. L. Hoffman, Newark, N. J.
Dr. O. W. McMichael, Chicago, Ill.
Dr. George Thomas Palmer, Springfield, Ill.
W. Frank Persons, Washington, D. C.
New Members Board of Directors
Isaac Adler, Rochester, N. Y.
Dr. W. Jarvis Barlow, Los Angeles, Cal.
Col. Frank Billings, Chicago, Ill.
Col. George E. Bushnell, Washington, D. C.
Geo. F. Canfield, New York, N. Y.
Col. A. M. Forster, New Haven, Conn.
Dr. Alfred Henry, Indianapolis, Ind.
Mrs. C. F. Hodgson, Atlanta, Ga.
Dr. Thomas McCrae, Philadelphia, Pa.
Dr. Alfred Meyer, New York, N. Y.
W. Frank Persons, Washington, D. C.
Miss Agnes D. Randolph, Richmond, Va.
Bolton Smith, Memphis, Tenn.

The registered attendance at the Boston meeting was approximately 600 persons, representing nearly every state in the Union. In point of interest and significance, it was generally agreed that this was the best meeting which the Association has ever held. An account will appear in the June number of THE JOURNAL OF THE OUTDOOR LIFE, and certain action taken will be mentioned in the next BULLETIN.

High Points in Four States

Described in *The Survey*

Under the title "Fighting Germs with Accurate Knowledge," *The Survey* for June 1 describes briefly some important recent and pending developments in tuberculosis work in four states: Oklahoma, Illinois, Connecticut and Massachusetts.

The Oklahoma association, with the cooperation of the state boards of health and agriculture, is about to make health surveys in the large cities of that rapidly growing commonwealth. In Illinois, similar surveys of every county are to be made by the state association with the assistance of the division of surveys and rural hygiene of the state health department.

Middletown, Connecticut, has just completed a health survey under the direction of the Department of Public Health of the Yale School of Medicine. It is hoped that extension of the city's health work and the forming of a tuberculosis association will result.

The Survey article, to which BULLETIN readers are referred for further details, also mentions monograph No. 1, entitled "The Program," of the Community Health and Tuberculosis Demonstration at Framingham, Massachusetts. Copies of this may be had free on request of the National Tuberculosis Association. Beginning with the July issue, the BULLETIN will in future contain a section on current developments in the Framingham work.